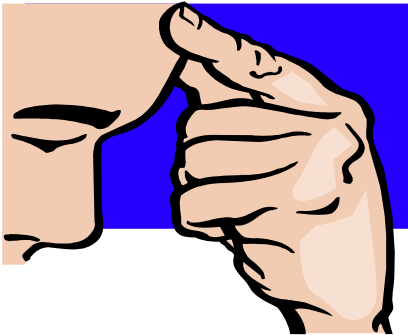# Take Control of Your Thoughts, Feelings and Behavior

Your thoughts drive your feelings and actions. In most situations or events, if your thoughts are negative, your feelings will be negative, and you may act negatively.

When you catch yourself feeling bad (stressed, angry, hurt, frightened, anxious, sad, depressed, etc.), stop right then and ask yourself what is behind these feelings:

1. What have I been thinking or telling myself.
   For example: "I will never be able to lose weight."

2. Is this thought sensible, realistic, or am I making something out of nothing? Is there real evidence for thinking this way?
   For example: "Is it really true that I can never lose weight?"

3. Is it helpful or healthy for me to be thinking this way?
   For example: "Is it helpful for me to think, I can never lose weight?"

4. What positive thoughts can I use to replace my negative thinking?
   For example: "The *MOVE!* healthcare team will help me to lose weight."